Be-Ro Home Recipes

Scones, Cakes, Pastry, Puddings.

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Be-Ro
Self-raising FLOUR

for Economical Home Baking

FOR many years BE-RO Self-Raising Flour has been extremely popular, and so widely has it become known among Home Cooks as a flour which gives a higher and more regular standard of results, that a demand for it comes from all parts of the British Isles.

Its high quality enables those who take a pride in Home Baking to make a very large variety of delicious Scones, Cakes, Pastry and Puddings, from the simplest and most economical of recipes.

These recipes have been specially evolved for use with BE-RO Self-Raising Flour, and have been tested and used for years by many thousands of Practical Home Cooks, and are published only in this BE-RO Recipe Book of which over 18 million copies have been distributed.

Thomas Bell & Son Ltd.

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NEWCASTLE-ON-TYNE

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More about BE-RO

BE-RO Self-Raising Flour is made from blends of finest wheat flour, thoroughly mixed by special machinery, in correct proportion with the best and purest raising agents.

Stocks in Grocers' shops are maintained in fresh and perfect condition by very frequent and regular deliveries from our two Factories and fourteen Depots.

BE-RO is the ideal Self-Raising Flour for the slow amateur, and even for the expert it is better and safer to use, because there is no risk of cakes being spoiled if you are "called away" between the mixing and putting into the oven.

Be-Ro is supplied in 1-lb., 3-lb. and 6-lb. Bags

Good Home Baking is something to be proud of

THE woman who can cook well and bake well has every reason and every right to be proud of her cooking.

In ninety-nine cases out of a hundred she has a happy home, because good cooking means good food, and good food means good health.

There's no more pleasing sight than that of a happy family around a well-stocked tea-table, all enjoying their food; and the mother who is responsible for the good cooking, and who has prepared it with her own hands, has every right to survey the results of her culinary skill with pride and satisfaction.

It's more economical, too!

The tasty Scones and Cakes that you make at home, the appetising Pies and Tarts, all cost much less than those you buy ready made. You know what's in them, too; you know they are good and pure; that they have been made under clean, hygienic conditions . . . . and your doctor will tell you that good, wholesome food is worth more than all the medicine in the world, especially for hungry, growing children.

That's why it pays to bake at home !

A few useful Hints about Gas Ovens

WHEN about to use a GAS OVEN, first light the Match or Taper, turn on the Gas and ignite. Set the Regulo if this is fitted.

The oven door should be left slightly open for the first three minutes, to avoid steaming, and then kept shut for 15 minutes.

With the Regulo or other thermostatic control it is important that the gas tap should be turned full-on when the oven is first lighted and never altered during cooking.

SCONES, AND "RUFF PUFF" PASTRY, NEED A HOT OVEN, and, in a Gas Oven, are usually placed near the top, as this part is hottest.

SMALL CAKES, BUNS, and SHORT PASTRY require a fairly hot oven, but not quite so hot as for Scones and "Ruff Puff" Pastry.

MEDIUM-SIZED CAKES (such as Sandwich Cake) require a MODERATE OVEN, and should be placed on the middle grid shelf.

LARGE CAKES should also be placed on the middle grid shelf, and given a moderate heat for about half the time, with a slow heat to finish.

When baking large Cakes, it is best not to open the oven door for at least half an hour after putting the Cakes in.

ALWAYS OPEN AND CLOSE THE OVEN DOOR GENTLY. Slamming the door may make a Cake fall in the centre.

Baking Sheets and Cake Tins should be kept about one-and a-half inches away from the sides of the Oven, to allow hot air to circulate freely.

Never put water in a drip tin at the bottom of a gas stove. It causes steaming, and will spoil the cooking.

More Useful Hints

WHEN USING AN ORDINARY COAL OVEN make up the fire before hand with the damper out. When at the proper heat, partly close the damper and build up the fire with coal. This will give a steady heat which can be increased, if need be, by pulling the damper out.

Faults in cakes are often caused by baking too quickly or too slowly. IF YOUR OVEN IS AT THE CORRECT HEAT, the times given in this recipe book will give excellent results.

With a little practice, correct heats can be judged by putting one's hand in the oven.

REMEMBER, THERE IS NO NEED TO WORRY ABOUT GETTING BE-RO CAKES INTO THE OVEN QUICKLY AFTER THEY ARE MIXED.

Three Useful Hints

First look to your oven.

Then slightly warm and grease your Baking Sheet or Cake Tin.

Have everything weighed or measured before beginning to mix.

We cannot emphasise too strongly how much safer it is to weigh dry ingredients, as we have proved by test it is impossible to accurately measure equivalent weights.

See Hints on
PASTRY MAKING, page 12; CAKE MAKING, page 26.

BAKING POWDER MUST NOT BE USED WITH BE-RO SELF-RAISING FLOUR.

SCONES

BE-RO Rich Scones

8-ozs BE-RO FLOUR.
Half Teaspoonful SALT.
1½-ozs. LARD.
One Tablespoonful SUGAR.
MILK (to make a soft dough).
Two Tablespoonfuls CURRANTS (or, as a change, SULTANAS).
One EGG (Beat, and put aside a tablespoonful for the tops).

Mix the Flour and Salt in a basin, and rub in the Lard with the finger tips. Mix in the Sugar and Currants. Then stir in with a knife the beaten Egg and sufficient Milk to make a soft dough. (Handle lightly, do not over-knead.) Roll out to thickness of about half an inch, and cut in rounds with a scone cutter (2½-inch cutter should make 14 Scones). Place on a greased baking sheet, and brush over tops with beaten Egg. BAKE IN A HOT OVEN (425°–450° F.) about 10 minutes.

BE-RO Plain Scones

8-ozs. BE-RO FLOUR.
Half Teaspoonful SALT.
1½-ozs. LARD.
MILK (to make a soft dough).

Make the same way as the Rich Scones, without the Sugar, Currants, and Egg. Brush over tops with Milk.

BE-RO Victoria Scones

8-ozs. BE-RO FLOUR.
Half Teaspoonful SALT.
2-ozs. LARD.
2-ozs. SUGAR.
8 Glacé CHERRIES.
One EGG (Beat, and put aside a tablespoonful for the tops).
MILK (to make a soft dough).

Mix the Flour and Salt in a basin, and rub in the Lard with the finger tips. Mix in the Sugar, and stir in with a knife the beaten Egg and Milk, making a soft dough. Turn on to a floured board and divide into four portions. Roll into rounds about half-an-inch thick, and place on a greased baking sheet. Make deep right-angle cuts across the tops with a knife, almost into quarters. Brush over with beaten Egg, and place half a Cherry in the centre of each quarter. BAKE IN A HOT OVEN (425°–450° F.) about 15 minutes.

BE-RO Brown Scones

6-ozs. BE-RO FLOUR.
2-ozs. WHOLEMEAL.
Half Teaspoonful SALT.
1½-ozs. LARD.
MILK or WATER.

Mix Flour, Wholemeal and Salt in a basin. Rub in the Lard. Add Milk to make a soft dough. Handle lightly and roll out to thickness of about half an inch. Cut as desired—rounds or triangles—and bake on a greased baking sheet in a HOT OVEN (425°–450° F.) 10 to 15 minutes.

These Scones may be varied by using Oatmeal or Ryemeal, instead of Wholemeal.

BE-RO Milk Fadge

1-lb. BE-RO FLOUR.
One Teaspoonful Salt.
2-ozs. LARD.
Half Pint of MILK.

Mix Flour and Salt in a basin; rub in the Lard. Make into dough with the Milk (a little over a half-pint may be necessary). Cut into two portions. Roll out to about an inch thick, and place on a greased baking sheet. Bake in a MODERATELY HOT OVEN (375°–425° F.) about 30 minutes.

Scones Baked on a Girdle

BE-RO Dropped Scones

4-ozs. BE-RO FLOUR.
Quarter Teaspoonful SALT.
½-oz. MARGARINE.
2-ozs. SUGAR.
One EGG, beaten with Three Tablespoonfuls MILK.
Six drops LEMON ESS.

Mix Flour and Salt in a basin, rub in the Margarine. Mix in Sugar, then the beaten Egg and Milk, making a smooth batter. Add Flavouring. This makes 12 Scones. Bake 2 or 3 at a time by dropping a level tablespoonful for each scone on to a fairly HOT and WELL-GREASED GIRDLE (a solid iron oven shelf will do). Bake quickly, over a fire, gas ring, or hot spot. When brown underneath turn and cook other side. Cool on a wire tray. Eat buttered.

BE-RO Girdle Scones

1-lb. BE-RO FLOUR.
Half Teaspoonful SALT.
2-ozs. LARD.
2-ozs. SUGAR.
One EGG, beaten with Half Pint of MILK.

Mix Flour and Salt and rub in the Lard. Mix in the Sugar and the Egg and Milk quickly with a wooden spoon until Flour is absorbed (no longer). Empty on to a well-floured baking board, and make into four round balls. (Do not knead, as the less handling the dough gets the better the scones.) Roll out to quarter-inch thickness, and cut into four. Bake on a moderately-hot GIRDLE. When brown on one side, turn.

Hot Cross Buns

BE-RO Spiced Buns

AS HOT CROSS BUNS THESE ARE DELICIOUS HEATED-UP FOR BREAKFAST.

1-lb. BE-RO FLOUR.
One Teaspoonful SALT.
One Teaspoonful MIXED SPICE.
2-ozs. LARD.
3-ozs. SUGAR.
3-ozs. CURRANTS.
2-ozs. CUT PEEL.
One EGG (Beat, and put aside a tablespoonful for tops).
WATER (half a pint).

Mix Flour, Salt and Spice in a basin. Rub in the Lard. Stir in the Sugar, Currants, Peel, and make into a soft dough with the beaten Egg and Water. Divide into 12 portions (about 3-ozs. each), make into buns and roll out a little. Place on a greased baking sheet, make deep right-angle cuts across the tops with a knife, and brush over with beaten Egg.

BAKE IN A HOT OVEN (425°–450° F.) about 15 minutes.

BE-RO Girdle Cakes

8-ozs. BE-RO FLOUR.
Half Teaspoonful SALT.
1-oz. CURRANTS.
2-ozs. MARGARINE.
2-ozs. LARD.
MILK or WATER.

Mix Flour and Salt, and rub in the Lard and Margarine. Add the Currants, and mix to a moderately stiff dough with Milk or Water. Roll out thinly and cut into rounds. Bake on a HOT Girdle. When brown on one side, turn. SERVE HOT, BUTTERED.

BE-RO Walnut Bread

The ideal food for Hikers, very nutritious and sustaining.

TO BE EATEN BUTTERED.

1-lb. BE-RO FLOUR.
One Teaspoonful SALT.
1-oz. LARD.
3-ozs. SUGAR.
4-ozs. Shelled WALNUTS.
3-ozs. Stoned RAISINS.
One EGG.
Half Pint of MILK.

Mix the Flour and Salt in a basin, and rub in the Lard. Chop the Walnuts and Raisins, and mix in with Sugar and Flour. Beat the Egg with half a pint of Milk, and MIX THOROUGHLY with the dry ingredients, making a soft dough. Place in a well greased round cake tin (7 inches in diameter, 3 inches deep) and smooth over top with a knife. Bake in a MODERATELY HOT OVEN (375°–425° F.) one hour.

BE-RO Tea Loaf or Cakes

1-lb. BE-RO FLOUR.
One Teaspoonful SALT.
2-ozs. LARD.
1-oz. SUGAR.
3-ozs. CURRANTS.
1-oz. CHOPPED PEEL.
Half Pint of MILK.

Mix Flour and Salt in a basin, and rub in the Lard. Stir in the Sugar, Currants and Peel, and make into dough with the Milk. Turn on to a floured board and form a round. Place in a well greased round cake tin (7 inches in diameter, 3 inches deep). Brush over with milk and bake in a MODERATELY HOT OVEN (375°–425° F.) about an hour. *To make smaller cakes*, divide the mixture into two equal portions, roll out, and place in two well greased 7-inch Sandwich cake tins. Brush over with Milk, and bake in a MODERATELY HOT OVEN about 30 minutes.

BE-RO Granny Loaf

1-lb. BE-RO FLOUR.
One Teaspoonful SALT.
One Teaspoonful MIXED SPICE.
2-ozs. LARD.
3-ozs. SUGAR.
2-ozs. CURRANTS.
2-ozs. RAISINS.
2-ozs. CUT PEEL.
Half Pint MILK.

Mix Flour, Salt and Spice in a basin. Rub in the Lard. Stir in the Sugar, Fruit and Peel, and make into dough with the Milk. Proceed as with Tea Loaf.

BE-RO Fig or Date Bread

The same recipe as the Tea Loaf (page 10), using 6-ozs. Chopped Figs or Dates instead of the Currants and Peel.

BE-RO Milk Bread

1-lb. BE-RO FLOUR.
One Teaspoonful SALT.
Half Pint of MILK (or a little more).

Mix Flour and Salt in a basin. Make into a dough with the Milk. Place in a 7-inch (3 in. deep), round cake tin, well greased. Bake in a MODERATELY HOT OVEN (375° – 425° F.) about an hour.

To test loaves if sufficiently baked, tap the bottom of loaf. If a dull, hollow sound, it is not sufficiently cooked. If a sharp, clear sound, it is done.

PASTRY

THREE RULES FOR PASTRY MAKING

(1) Handle it Lightly.
(2) Keep it Cool.
(3) Bake it in a HOT Oven.

COOL hands, a cool slab, and water as cold as possible, help you to produce the best results. Use the finger-tips, as they are the coolest part of the hands. Always mix with a knife. Add the water gradually, using as little as possible, as the paste should be very stiff. After adding water, avoid adding more flour, as this spoils Pastry.

Pastry requires a HOT OVEN. If using a Gas Oven, bake the Pastry on the top shelf, as this part is hottest.

See Oven Hints, pages 4 and 5.

BE-RO 'Ruff Puff' Pastry

8-ozs. BE-RO FLOUR. 5-ozs. LARD.
Half Teaspoonful SALT. COLD WATER.

Mix Flour and Salt in a basin. Cut Lard into small pieces and mix with the Flour, using a knife. (**Do not rub Lard in.**) Mix into a *stiff paste* with COLD Water; turn on to a floured board and roll out into a narrow strip; fold into three, turn one of the open ends towards you and roll out again. *Do this three times.* Roll the last time into the shape desired. ALWAYS TAKE CARE TO ROLL FROM YOU, and do not break the little air bubbles that will rise. BAKE IN A HOT OVEN (425°–450° F.)

BE-RO Beef Steak Pie

1½-lb. STEAK and KIDNEY.
One Tablespoonful FLOUR.
SALT and PEPPER.

Mix, on a plate, a tablespoonful of Flour, a teaspoonful of Salt, and a quarter teaspoonful of Pepper. Cut the Meat into small pieces and roll it in the Flour, Salt and Pepper mixture. Place it in a stew-pan, cover with water, and simmer about an hour, stirring occasionally.

MAKE BE-RO "RUFF PUFF" PASTE (as recipe on opposite page). Turn the Meat into a pie-dish, but do not fill more than two-thirds with Gravy (or the crust will be wet and sodden). If the dish is not well filled with Meat, put a pie funnel in the centre.

Roll out the Paste, the shape of (but a little larger than) the top of the pie-dish, and cut a strip off the edge. Wet the edge of the dish and place the strip all round, moisten it, and cover the pie with the remainder of the Paste, pressing the edges together. Trim the edge, and decorate the top with cuttings of paste. MAKE A HOLE IN THE CENTRE, and brush over the surface with beaten Egg (or MILK). BAKE IN A HOT OVEN (425°–450° F.) about half an hour. If necessary, add a little boiling water to the gravy when serving.

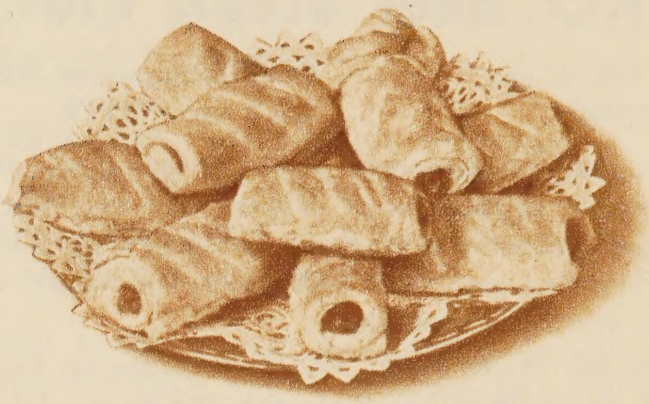
BE-RO Fruit Pie

About 1½-lb. FRUIT.
SUGAR to sweeten.

Prepare the Fruit, and let it simmer, with a little water and Sugar to sweeten, in a saucepan for 15 minutes.

MAKE BE-RO "RUFF PUFF" PASTE (as recipe on opposite page). Place a pie funnel in a pie-dish, and fill with the Fruit. Roll out the paste, the shape of (but a little larger than) the top of the pie-dish, and cut a strip off the edge. Wet the edge of the dish, and place the strip all round, moisten it, and cover the pie with the remainder of the Paste, pressing the edges together. Trim the edge, and decorate the top with cuttings of Paste. Make a hole in the centre, and brush over with beaten Egg (or Milk). BAKE IN A HOT OVEN (425°–450° F.) about half an hour. When done, dredge over top with Caster Sugar.

Always pierce a small hole in the top of Pies to let the steam out. This makes them more wholesome.



BE-RO Sausage Rolls

To make 20 Sausage Rolls, make the quantity of BE-RO "RUFF PUFF" PASTE (as recipe on page 12). Roll it out, and cut into pieces about 3 inches square.

Use ½-lb. SAUSAGE MEAT (or take ½-lb. Sausages out of their skins) and divide into 20 portions. Roll the meat slightly (in hands well-floured), and lay it on the pieces of Paste. Fold the paste over with a slight overlap. Place the rolls on a baking sheet (with the overlap joint underneath). Brush over with beaten Egg, and make three slanting cuts across the tops about an inch long. BAKE IN A HOT OVEN (425°–450° F.) about 20 minutes (until nicely browned).

BE-RO Mince Pies

To make 20 Mince Pies, make the quantity of BE-RO "RUFF PUFF" PASTE (as recipe on page 12). Roll it out VERY THIN. Stamp out with Scone cutters 20 small rounds, and 20 a little larger. Line 20 patty tins with the larger rounds of Paste; fill each with a heaped teaspoonful of MINCEMEAT. Wet the edges and cover tops with the small rounds of Paste. Press the edges gently in, and cut a tiny hole in the tops. Brush over with beaten Egg and BAKE IN A HOT OVEN (425°–450° F.) about 15 minutes.

BE-RO is so wholesome, simple and economical

Favourites for Picnics

BE-RO Beef Pasty

MINCE ½-lb. STEAK, and season it to taste, add a tablespoonful of Water, and a level tablespoonful of Flour. Mix to consistency of Sausage Meat (or Sausage Meat may be used).

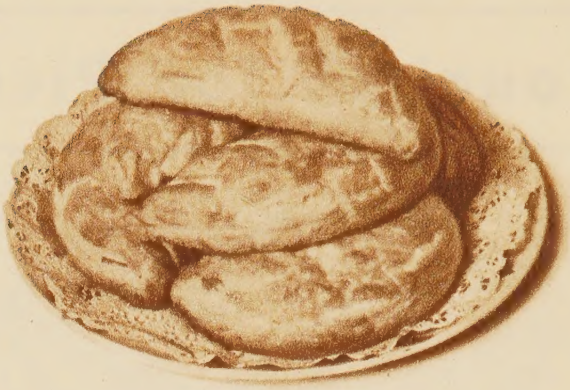
MAKE HALF THE QUANTITY OF BE-RO "RUFF PUFF" PASTE (as recipe on page 12). Cut into two portions and roll these out the size of a small dinner plate. Grease an old plate and cover it with one portion of the Paste. Then cover the centre with the Meat, and wet the edge all round. Cover with the other round of Paste and press the edges together. Trim the edge and decorate the top with cuttings of paste. Brush over with beaten Egg (or Milk). PRICK THE TOP and BAKE IN A HOT OVEN (425°–450° F.) about half an hour.

BE-RO Fruit Pasty

Prepare ½-lb. FRUIT, and MIX WITH SUGAR to sweeten. MAKE HALF THE QUANTITY OF BE-RO "RUFF PUFF" PASTE (as recipe on page 12). Proceed in the same way as given above for Beef Pasty, using the Fruit instead of the Meat.

She never forgets the BE-RO

Baking days would be blank days in little Margery's life without BE-RO. She looks forward to the pleasant hours spent with mother making dainty BE-RO Cookies. That's why Margery always makes sure of BE-RO when she takes the grocery order along.



BE-RO Cornish Pasties

Mix together 4-ozs. MINCED BEEF, 2-ozs. Grated Raw POTATO, a little Grated ONION, with PEPPER and SALT to taste.

To make Six Pasties, make the quantity of BE-RO "RUFF PUFF" PASTE (as recipe on page 12). Roll out and cut into six rounds with a saucer. Put a spoonful of the Meat Mixture in the centre of each, and wet round the edge of the paste. Fold the paste over and press the edges and trim. Brush over with beaten Egg, and make three slanting cuts across the tops with a knife. Place on a greased baking sheet, and bake in a HOT OVEN (425°–450° F.) about 30 minutes.

BE-RO Sly Cake

Make the quantity of BE-RO "RUFF PUFF" PASTE (as recipe on page 12). Divide it into two parts and roll out thin, both the same size. Cover one with CURRANTS, small pieces of Butter, and a little Sugar. Wet the edge of the paste all round, and cover with the other portion of paste. Press the edges together and trim. Mark lines on the top lightly with a knife from corner to corner, forming diamonds. Place on a greased baking sheet and brush over with beaten Egg.

Bake in a HOT OVEN (425°–450° F.) about 20 to 25 minutes. When cooked sprinkle top with Caster Sugar, and cut into dainty squares.

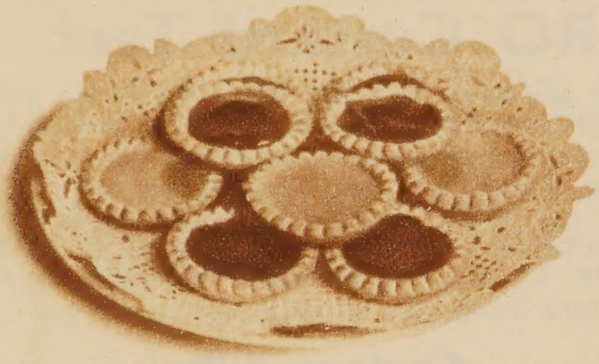
SLY CAKE may be made with SHORT PASTRY, and MINCE-MEAT may be used in place of Currants.

Another kind of Pastry

BE-RO Short Pastry

8-ozs. BE-RO FLOUR.
Half Teaspoonful SALT
1-oz. SUGAR.
2-ozs. LARD.
2-ozs. MARGARINE.
COLD WATER (approx. 8 teaspoonfuls)

Mix Flour and Salt in a basin. Rub in the Lard and Margarine lightly until like bread-crumbs; stir in the Sugar, and, using a Knife, mix with Cold Water to a STIFF DOUGH.



BE-RO Jam or Curd Tartlets

HALF the recipe quantity of BE-RO SHORT PASTRY (as above) will make 14 Tartlets. Roll the Paste out thin, and cut in rounds with a scone cutter. Line patty tins with same. Put a little Jam or Lemon Curd in each, and BAKE IN A HOT OVEN (425°–450° F.) for about 10 to 15 minutes.

BE-RO Maids of Honour

To make 14 Cakes, use half the recipe quantity of BE-RO SHORT PASTRY, and half the recipe quantity of BE-RO SANDWICH CAKE MIXTURE (see page 27). Roll the Paste out thin, and cut in rounds with a scone cutter. Line 14 patty tins with the Paste. Put a little Jam into each, then a teaspoonful of the Sandwich Cake Mixture. BAKE IN A HOT OVEN (425°–450° F.) about 20 minutes.

Delicious Custards

BE-RO Custard Tart

To make one large Tart, use HALF the recipe quantity of BE-RO SHORT PASTRY (see page 17). Roll it out, and line a 7-inch Sandwich Cake tin. Prick lightly with a fork (so as not to penetrate right through the pastry). Then line again on top of the pastry with greased paper (to prevent the sides falling in). Partly bake in a MODERATE OVEN (350°–375° F.) about 15 minutes. Whilst baking, prepare the Custard filling.

Custard Filling

Two EGGS.
Half Pint of MILK.
Two Tablespoonfuls SUGAR.

Whisk the Eggs. Bring the Milk and Sugar to the boil in a saucepan, pour on to the Egg, and stir.

Take the paper gently off the partly-baked Pastry, and pour in the Custard Filling. Grate a little Nutmeg on top, and return it to a MODERATELY HOT OVEN for another 15 minutes to set.

BE-RO Custard Tartlets

To make 12 Tartlets, use HALF the recipe quantity of BE-RO SHORT PASTRY (see page 17). Roll it out, and line the 12 tartlet tins. Half fill each with the Custard Filling (given above). Grate a little Nutmeg on tops, and BAKE IN A MODERATELY HOT OVEN (375°–425° F.) 15 to 20 minutes.

BE-RO Rich Jam Cake

8-ozs. BE-RO FLOUR.
Half Teaspoonful SALT.
2-ozs. SUGAR.
2-ozs. LARD.
2-ozs. MARGARINE.
One EGG (Beaten).
JAM or MARMALADE.

Mix Flour, Salt and Sugar, then rub in the Lard and Margarine lightly and mix into a STIFF Paste with the beaten Egg; add a little Milk if necessary. Divide into two parts and roll out thinly, both the same size. Cover one with Jam, place the other piece on top, and nip together. Place on a greased baking sheet and BAKE in a MODERATELY HOT OVEN (375°–425° F.) about 15 to 20 minutes. When cool, cut into dainty squares or triangles.

BE-RO Melting Moments

5-ozs. BE-RO FLOUR.
3-ozs. CASTER SUGAR.
2½-ozs. MARGARINE.
1½-ozs. LARD.
½ an EGG.
1 Teaspoonful of VANILLA ESSENCE.
ROLLED OATS or DESICCATED COCONUT.

Cream together the Fats and Sugar, and beat in the half Egg and Vanilla Essence. Stir in the Flour and mix thoroughly. With wet hands form the mixture into balls the size of large marbles, and coat with Rolled Oats or Desiccated Coconut Place on greased baking sheets and press out slightly. BAKE in a MODERATE OVEN (350°–375° F.) for about 15 to 20 minutes. Decorate with small pieces of Glacé Cherries. This quantity makes 40 Biscuits.

BISCUITS

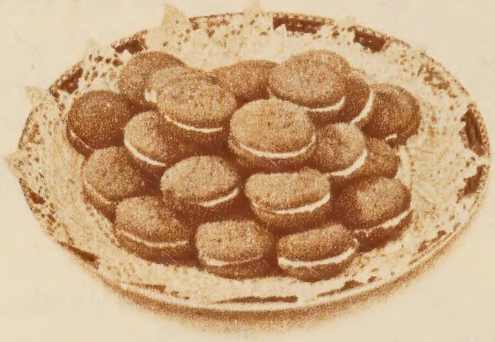
BE-RO Shortcakes

1-lb. BE-RO FLOUR.
6-ozs. Fine SUGAR.
8-ozs. BUTTER.
One EGG.

Warm the Butter in a bowl, and mix in the beaten Egg. Then mix in the Flour and Sugar and KNEAD WELL. Divide into two equal portions.

Shape and flatten one portion into a round, about 7½ inches diameter by 1 inch thick. Place it on a baking sheet, and form a groove on the top (about one inch from the edge all round), by pressing the rim of a pint basin (turned upside down) on to it. Decorate the edge (as in illustration) by cutting with a spoon. Prick the top well, and BAKE in a FAIRLY SLOW OVEN about 45 minutes.

To make 18 BISCUITS, roll out the other portion of Paste to half an inch thickness, and cut in rounds with a scone cutter. Prick the tops well, and BAKE in a FAIRLY SLOW OVEN (250°–300° F.) about 20 minutes.



BE-RO Coffee Kisses

6-ozs. BE-RO FLOUR.
3-ozs. SUGAR.
3-ozs. MARGARINE.
One EGG beaten, with
Two Dessertspoonfuls of
COFFEE ESSENCE.

FILLING

2-ozs. ICING SUGAR.
1-oz. MARGARINE.
A few Drops of
COFFEE ESSENCE.

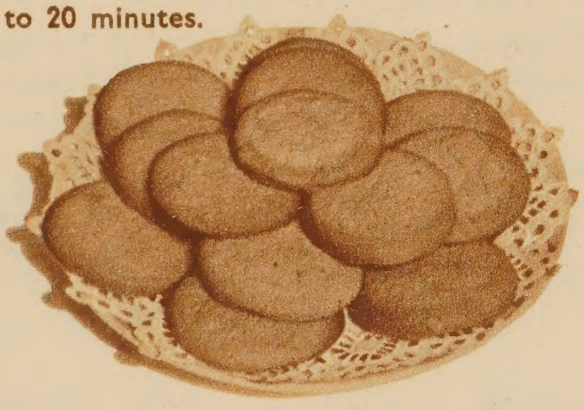
Beaten together to form a Cream.

Mix the Flour and Sugar and rub in the Margarine. Stir in the Egg and Coffee Essence and mix well. Form into balls the size of Marbles (about 80). Place on greased baking sheets and BAKE in a MODERATE OVEN (350°–375° F.) for 15 to 20 minutes. When cold, sandwich together in pairs with the filling between.

BE-RO Parkins

4-ozs. BE-RO FLOUR.
4-ozs. OATMEAL.
One Teaspoonful GROUND GINGER.
4-ozs. CASTER SUGAR.
2-ozs. MARGARINE.
One EGG.
One Tablespoonful dark SYRUP.
One Tablespoonful MILK.
14 ALMONDS (Blanched and Split).

Mix all the dry ingredients thoroughly, and rub in the Margarine. Add the Syrup mixed with the beaten Egg, and work all into a paste with the Milk. Place single teaspoonfuls, in rounds, on a greased baking sheet, and put a split Almond on top of each. Bake in a MODERATE OVEN (350°–375° F.) about 15 to 20 minutes.



BE-RO Ginger Snaps

8-ozs. BE-RO FLOUR.
Pinch of SALT.
One Teaspoonful GROUND GINGER.
4-ozs. CASTER SUGAR.
3-ozs. MARGARINE.
4-ozs. SYRUP.
One EGG (beaten).

Mix all dry ingredients thoroughly. Warm the Margarine and the Syrup and beat together; then add the dry ingredients and the beaten Egg (alternately, a little at a time) and MIX THOROUGHLY. Place single teaspoonfuls, in rounds, on a greased baking sheet. Bake in a MODERATE OVEN (350° –375° F.) about 15 minutes.

BE-RO Oatmeal Biscuits

5-ozs. BE-RO FLOUR.
5-ozs. OATMEAL.
Pinch of SALT.
3-ozs. MARGARINE.
3-ozs. SUGAR.
3 Tablespoonfuls MILK.

Mix together thoroughly the Flour, Oatmeal, Salt, and Sugar. Rub in the Margarine, and mix to a stiff paste with the Milk. Roll out thinly on a floured board, and cut into rounds with a cutter. Place on a greased baking sheet and BAKE IN A MODERATE OVEN (350°–375° F.) about 15 to 20 minutes.

BE-RO Cheese Fingers

8-ozs. BE-RO FLOUR.
Pinch of SALT.
3-ozs. MARGARINE.
3-ozs. Grated CHEESE.
One EGG, beaten with
1 Tablespoonful MILK.

Mix the Flour and Salt together, and rub in the Margarine. Mix in the grated Cheese, and make a stiff paste with the beaten Egg and Milk. Roll out very thinly and cut into narrow fingers. Prick over with a fork, place on a greased baking sheet, and BAKE IN A MODERATE OVEN (350° –375° F.) about 15 to 20 minutes, until well browned.

BE-RO Almond Cookies

6-ozs. BE-RO FLOUR.
Pinch of SALT.
3-ozs. CASTER SUGAR.
2-ozs. GROUND ALMONDS.
5-ozs. MARGARINE.
12 Drops ALMOND ESSENCE.

Mix together thoroughly the Flour, Salt, Sugar, and Ground Almonds. Rub in the Margarine, add the Essence, and knead well. Roll out to about quarter-inch thickness, and cut into rounds with a scone cutter. Place on a greased baking sheet and bake in a MODERATE OVEN (350°–375° F.) about 15 minutes.

BE-RO Plain Biscuits

8-ozs. BE-RO FLOUR.
4-ozs. CASTER SUGAR.
4-ozs. MARGARINE.
3 Tablespoonfuls MILK.
12 Drops VANILLA ESSENCE.

Mix the Flour and Sugar in a bowl, and rub in the Margarine. Mix to a stiff paste with the Milk and Essence. Roll out thinly, and cut into rounds with a scone cutter. Place on a greased baking sheet, and bake in a MODERATE OVEN (350°–375° F.) about 15 minutes.

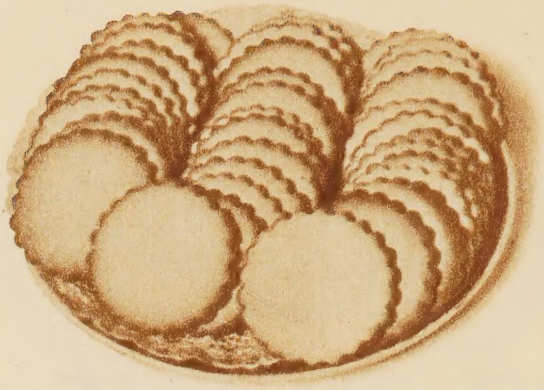
BE-RO Chocolate Biscuits

The same recipe as for Plain Biscuits, adding Three Teaspoonfuls COCOA.

BE-RO Date Biscuits

The same recipe as for Plain Biscuits, adding 4-ozs. Stoned and Chopped DATES.

BE-RO Recipes are wholesome, simple and economical



BE-RO Rich Biscuits

8-ozs. BE-RO FLOUR.
4-ozs. CASTER SUGAR.
4-ozs. MARGARINE or BUTTER.
One EGG (beaten).
The RIND and JUICE of half a LEMON.

Mix the Flour and Sugar in a bowl, and rub in the Margarine until like bread crumbs. Add the grated rind of Lemon and mix to a stiff paste with the beaten Egg, and the Lemon juice. Roll out thinly and cut into rounds with a scone cutter. Place on a greased baking sheet and bake in a MODERATE OVEN (350°–375° F.) about 15 minutes.

BE-RO Shrewsbury Biscuits

The same recipe as for Rich Biscuits, adding Two Tablespoonfuls of Currants.

BE-RO Seed Biscuits

The same recipe as for Rich Biscuits, adding One Teaspoonful of Caraway Seeds.

BE-RO Rice Biscuits

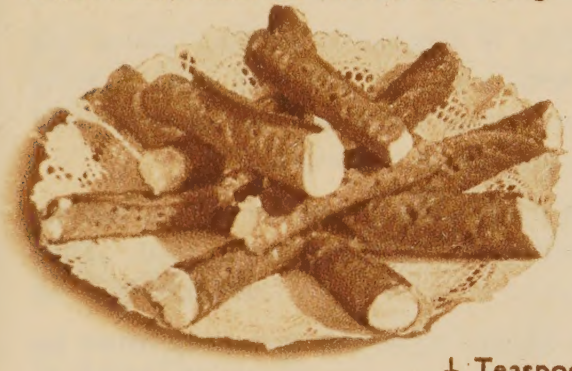
8-ozs. BE-RO FLOUR.
4-ozs. GROUND RICE.
6-ozs. CASTER SUGAR.
6-ozs. MARGARINE.
4 Tablespoonfuls MILK.
16 Drops LEMON ESSENCE.

Mix together thoroughly the Flour, Rice, and Sugar, and rub in the Margarine. Mix to a stiff paste with the Milk and Lemon Essence. Roll out thinly and cut into rounds with a scone cutter. Place on a greased baking sheet and bake in a MODERATE OVEN (350°–375° F.) about 15 minutes.

BE-RO Crunchies

4-ozs. BE-RO FLOUR.
2-ozs. COOKING FAT.
2-ozs. MARGARINE.
3-ozs. SUGAR.
One Teacup ROLLED OATS.
One Teaspoonful GOLDEN SYRUP.
Three Teaspoonfuls Boiling Water.
A few Drops VANILLA ESSENCE.

Cream together the Fats and Sugar. Add Syrup, Boiling Water, and the Vanilla Essence. Stir in the Flour and Oats, and mix well. Roll into Balls (about 28). Place on a greased baking sheet and bake in a moderate oven (350°—375° F.) for 15 to 20 minutes.
When cool, decorate with a little Icing.



BE-RO Brandy Snaps

2-ozs. BE-RO FLOUR.
2-ozs. SUGAR.
2-ozs. MARGARINE.
Two Tablespoons GOLDEN SYRUP.
½ Teaspoonful GROUND GINGER.
One Teaspoonful BRANDY or RUM (or ESSENCE).
½ Teaspoonful Grated LEMON RIND.

Melt Fat, Sugar and Syrup in a pan. Remove from the heat, add all the other ingredients, and mix well. Drop in teaspoonfuls on a greased and floured Baking Sheet at least 3 inches apart, as they will spread in cooking, and bake in a moderate oven (350°—375° F.) for 7 to 10 minutes, until Golden Brown. Meanwhile, have ready one or two wooden spoon handles and a Wire Tray.
Remove the Baking Sheet from the oven, and allow to stand a moment on the stove, until the Biscuits can be easily lifted from the Sheet with a Knife.
Roll round the wooden spoon handle and leave for a minute to set.
If the Biscuits become too cool and brittle to roll, place over heat for a moment, to soften.
This Mixture makes 16 Brandy Snaps. Immediately before serving, put a little Whipped Cream, or Mock Cream, into the end of each.

CAKES

Hints for making Cakes

USE a wooden spoon and a warm bowl to cream the Margarine and Sugar. Care must be taken, however, that the bowl is not hot, for on no account must the Margarine be allowed to "oil".

Always break Eggs separately into a cup. If one of them happens to be bad, this will prevent it spoiling the others.

Dip your spoon in Milk before spooning the batter or mixture for small Cakes. This will prevent the mixture sticking to the spoon.

Fruit, if washed, should be well dried before the Cake is mixed. Damp fruit causes heaviness.

To test if a large Cake is sufficiently cooked, pierce the centre of the cake with a skewer (or thin steel knitting needle). If the skewer comes out clean, the cake is ready if it comes out pasty, the cake is underdone.

Always leave Cakes a short while in the tin before turning them out, just long enough to "set" but not to cool. Then take them out and put to cool on a wire cooling-tray.

Cakes keep best in an air-tight tin, but they must be quite cooled first.

Read carefully our Oven Hints on pages 4 and 5

NEVER USE BAKING POWDER WITH BE-RO.

Three Useful Hints

First look to your oven.

Then slightly warm and grease your Baking Sheet or Cake Tin.

Have everything weighed or measured before beginning to mix.

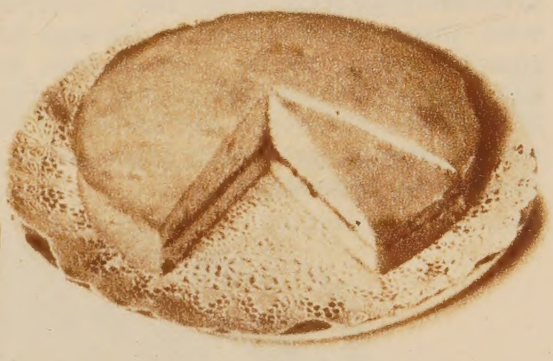
We cannot emphasise too strongly how much safer it is to weigh dry ingredients, as we have proved by test it is impossible to measure accurately equivalent weights.

Various Cakes from one Foundation Recipe

THIS BE-RO idea simplifies Home Baking, and makes it easier for every woman who "keeps house" to bake her own Cakes.

By creating a Foundation Recipe (BE-RO Sandwich Cake, as below), we have made it possible for you to make several different kinds of Cake by the mere addition of ingredients or flavourings to suit the type of Cake you prefer.

The recipes for Orange Cake, Chocolate Cake, Coconut Cake, Walnut Cake, Almond Cake, Queen Cakes and BE-RO Fancies (on pages 28, 29, and 30), are all based on this one Sandwich Cake Recipe, and form quite a wide variety of dainty Cakes, which can be turned out with little or no difficulty, once you know how to make the BE-RO Sandwich Cake.



BE-RO Sandwich Cake — the Foundation Recipe

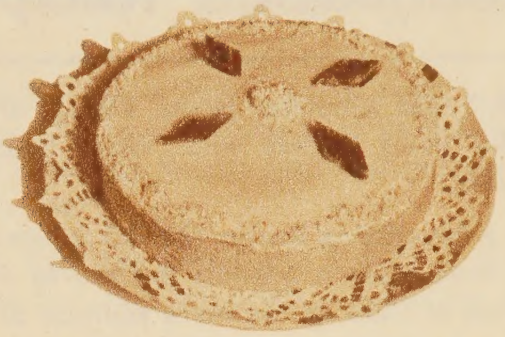
4-ozs. BE-RO FLOUR.
2-ozs. SUGAR.
2-ozs. MARGARINE.
One EGG, beaten with Two Tablespoonfuls MILK.

Beat the Sugar and Margarine to a cream, in a warm basin (not hot); then stir in the Flour and beaten Egg-and-Milk (alternately, a little at a time), and MIX THOROUGHLY. The mixture should be soft.

Pour into a well-greased 7-inch Sandwich Cake tin, making the top level with a knife, and BAKE IN A MODERATE OVEN (350°–375° F.) about 30 minutes.

When cool, cut through the centre and spread with Raspberry jam, or any other filling.

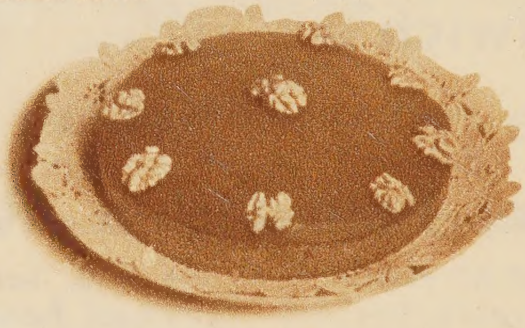
Fresh Delicious Flavours



BE-RO Orange Cake

Make the same Mixture as for a BE-RO Sandwich Cake (page 27), without Milk, using instead the grated RIND AND JUICE OF ONE ORANGE (but adding the juice last). MIX THOROUGHLY. Use a well-greased 7-inch Sandwich Cake tin, and BAKE IN A MODERATE OVEN (350°–375° F.) about 30 minutes. When cool, cover with icing.

ORANGE ICING.—Mix two tablespoonfuls of Icing Sugar with three teaspoonfuls of Orange Juice, and work to a smooth paste. When Cake is cool, spread with icing and decorate with the grated rind of an orange (dried thoroughly in the oven, powdered and sprinkled over the Icing). Desiccated Coconut, previously browned in the oven, makes an alternative decoration.



BE-RO Chocolate Cake

Make the same Mixture as for a BE-RO Sandwich Cake (page 27), with the addition of TWO TEASPOONFULS OF COCOA, mixed in the Flour, and a few drops of Vanilla Essence. Make the mixture soft.

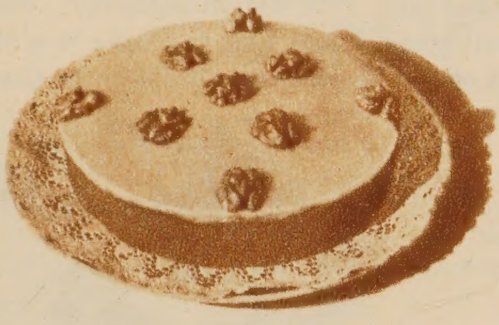
CHOCOLATE ICING.—Mix two tablespoonfuls of Icing Sugar with two teaspoonfuls of Cocoa and work to a smooth paste with Cold Water and a few drops of Vanilla Essence. When Cake is cool, spread with Icing, and decorate with shelled Walnuts.

BE-RO Coconut Cake

The same Recipe as for a BE-RO Sandwich Cake (page 27) with the addition of 1-oz. of DESICCATED COCONUT (Fine) mixed in the Flour.

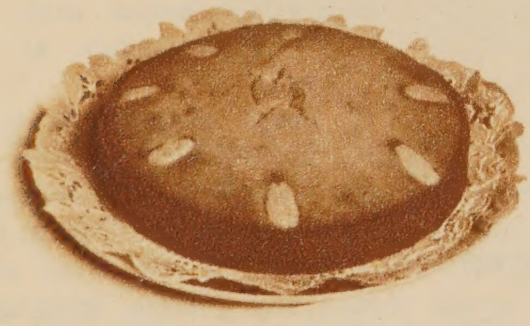
ICING FOR COCONUT CAKE—Mix three tablespoonfuls Icing Sugar to a smooth paste with Cold Water When the Cake is cool, spread with icing and cover with Coconut (Coarse or Strip).

BE-RO Walnut Cake



The same Recipe as for a BE-RO Sandwich Cake (page 27) with the addition of 1-oz. of SHELLED WALNUTS (chopped).

ICING FOR WALNUT CAKE.—Mix two tablespoonfuls Icing Sugar to a smooth paste with Cold Water. Flavour with Vanilla Essence. When Cake is cool, spread with Icing and decorate with shelled Walnuts.



BE-RO Almond Cake

The same Recipe as for a BE-RO Sandwich Cake (page 27), with the addition of 1-oz. GROUND ALMONDS and a few drops of ALMOND ESSENCE. Place a few blanched and split Almonds on top before putting into Oven.

Use a well-greased 7-inch Sandwich Cake tin for all the above Recipes, and bake in a MODERATE OVEN (350°-375° F.) about 30 minutes.

BE-RO Queen Cakes

The same Recipe as for a BE-RO Sandwich Cake (page 27), with the addition of 1-oz. CURRANTS, mixed at first in the BE-RO Flour, and a few drops of FLAVOURING ESSENCE added last. MIX THOROUGHLY. Half fill 12 paper cups or well-greased bun tins, and bake in a HOT OVEN (425°–450° F.) about 15 minutes, until firm to the touch in the centre.

BE-RO Fancies

The same Recipe as for a BE-RO Sandwich Cake (page 27), BUT DOUBLE QUANTITIES, viz.:—

8-ozs. BE-RO FLOUR.
4-ozs. Fine SUGAR.
4-ozs. MARGARINE.
Two EGGS, beaten with
Four Tablespoonfuls of MILK.
12 drops of LEMON ESSENCE.

Beat the Sugar and Margarine to a cream; then stir in the beaten Eggs-and-Milk, and the Flour (alternately, a little at a time), and MIX THOROUGHLY, adding a few drops of Flavouring Essence. Spread into a well-greased dripping tin and BAKE IN A MODERATE OVEN (350°–375° F.) about 30 minutes until firm in the centre. When cool, spread with Icing.

ICING FOR BE-RO FANCIES.—Mix four tablespoonfuls Icing Sugar to a smooth paste with Cold Water. Flavour with Essence as desired. Dip a knife in hot water to spread Icing over Cake. Cut into shapes—diamonds, rounds, triangles, fingers, etc., and decorate in various ways with Cherries, Walnuts, Almonds, Coconut, Violets, etc.

BE-RO Gingerbread

12-ozs. BE-RO FLOUR.
1 Teaspoonful GROUND GINGER.
1 Teaspoonful MIXED SPICE.
6-ozs. SUGAR.
4-ozs. MARGARINE.
2 Tablespoonfuls DARK TREACLE.
One EGG, beaten with
One Teacupful MILK.

First mix Flour and Spices. Beat the Sugar and Margarine to a cream, and stir in the treacle; then add the dry ingredients, and the beaten Egg-and-Milk (alternately, a little at a time), and MIX THOROUGHLY. (To add a little chopped Lemon Peel, Preserved Ginger, or a few Raisins, is an improvement.) Pour into a shallow, greased dripping tin and bake in a MODERATE OVEN (350°–375° F.) about three-quarters of an hour. Cut into fingers or squares.

BE-RO Sponge Parkin

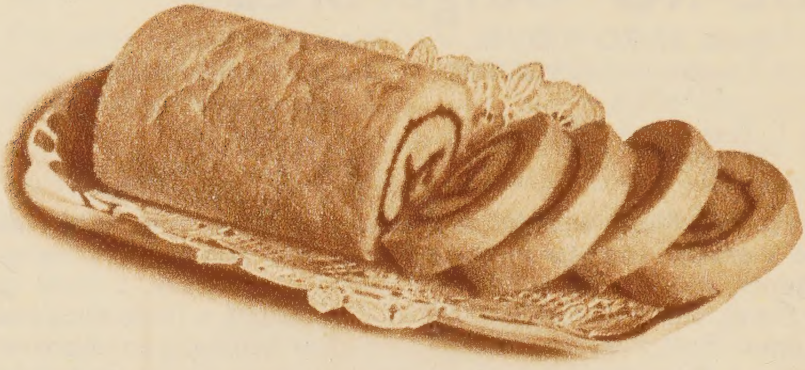
1-lb. BE-RO FLOUR.
Pinch of SALT.
2 Teaspoonfuls GROUND GINGER.
8-ozs. CASTER SUGAR.
2-ozs. MARGARINE.
8-ozs. TREACLE.
One EGG, beaten with
One Gill of MILK.

Mix together thoroughly Flour, Salt, Ginger and Sugar. Warm the Margarine and Treacle, and beat together, then add the dry ingredients, and the beaten Egg-and-Milk (alternately, a little at a time), and MIX THOROUGHLY. Pour into a greased, shallow dripping tin, and BAKE IN A MODERATE OVEN (350°–375° F.) about one-and-a-half hours. Cut into squares.

To weigh treacle, dust scale scoop with flour

A Favourite BE-RO Cake

—much easier to make than you at first think



BE-RO Swiss Roll

3-ozs. BE-RO FLOUR. Two EGGS.
3-ozs. CASTER SUGAR. JAM or LEMON CURD.

Whisk the Eggs thoroughly, then add the Sugar, and whisk together until a thick cream. With a knife, stir in the Flour lightly. Spread the mixture on a well-greased Swiss Roll tin (9 in. by 12 in.). BAKE IN A HOT OVEN (425°–450° F.) about 7 to 8 minutes. (Do not over-cook, or it will crack when rolling.) Turn out upside down on to a sugared paper. Spread thinly with Raspberry Jam or Lemon Curd. Turn in the short end nearest you and form a roll by deftly (but not tightly) drawing the paper over it and away from you. Fold the paper around it, and leave for a minute to set ; then unfold and leave to cool. Serve in slices, either as Cake, or as a Cold Sweet with Custard.

If you wish to use a Cream filling, such as the filling given for Coffee Kisses (Page 20), roll up with a piece of grease proof paper inserted instead of the Jam. You will then be able to unroll when cool and spread with the Cream filling.

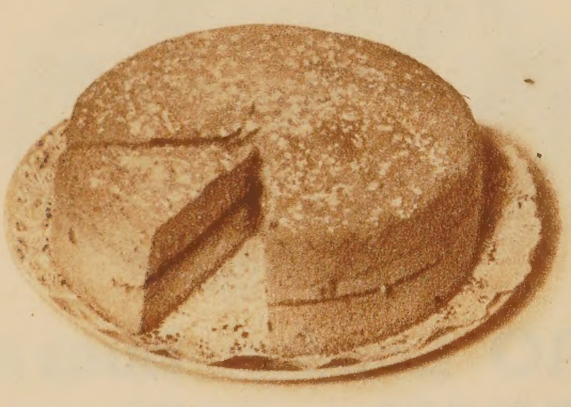
BE-RO Sponge Drops

The same mixture as a BE-RO SWISS ROLL.

Place in teaspoonfuls on a greased Baking Sheet, keeping them well apart. Bake in a hot oven (425°—450° F.) about 5 minutes. When cold, sandwich together with either Jam or Cream.

BE-RO Coconut Sponge Shapes

THE SAME MIXTURE AS A BE-RO SWISS ROLL Use small finger-shaped and other shaped tins (greased). Bake in a HOT OVEN (425°–450° F.) about 8 minutes. When cold, brush with Jelly or Jam, and sprinkle all over with Coconut.



BE-RO Sponge Sandwich

THE SAME MIXTURE as a BE-RO SWISS ROLL. Put into a well-greased round cake tin (7 inches in diameter, and 3 inches deep).

BAKE IN A MODERATE OVEN (350°–375° F.) (about 30 minutes, if heat correct). When cool, cut through and spread with Jam, Lemon Curd, or other filling.

BE-RO Cakes keep moist and fresh longer than most Cakes. All Cakes keep best in an airtight tin.

BE-RO Coconut Rocks

8-ozs. BE-RO FLOUR.
3-ozs. SUGAR.
3-ozs. COCONUT.
3-ozs. MARGARINE.
One EGG, and a little MILK.

Mix Flour, Sugar, and Coconut in a bowl; rub in the Margarine. Mix to a STIFF DOUGH with beaten Egg and a little Milk. Place in 14 rough heaps on a greased baking sheet. BAKE IN A HOT OVEN (425°–450° F.) about 15 or 20 minutes.

BE-RO London Buns

8-ozs. BE-RO FLOUR.
Half Teaspoonful SALT.
2-ozs. MARGARINE.
2-ozs. SUGAR.
1-oz. PEEL (cut fine).
One EGG.
Two Tablespoonfuls MILK.
A few drops of Essence of LEMON.

Mix Flour and Salt, and rub in the Margarine. Add the Sugar and finely-shredded Peel. Add the beaten Egg (reserving a small portion to brush over the Buns). Add a few drops of Essence of Lemon to the Milk, and mix all to a dough. Divide into eight portions, forming same into buns in your well-floured hands. Place on a greased baking sheet, brush over with Egg, and sprinkle with coarse Sugar. BAKE IN A HOT OVEN (425°–450° F.) about 20 minutes.

BE-RO Rock Buns

8-ozs. BE-RO FLOUR.
3-ozs. SUGAR.
3-ozs. MARGARINE.
3-ozs. CURRANTS.
1-oz. PEEL (cut fine).
One EGG and a very little MILK.

Put Flour and Sugar into a bowl, rub in the Margarine, mix in the Currants and Chopped Peel. Then mix to A STIFF DOUGH with the beaten Egg and a little Milk. Place in 14 rough heaps on a greased baking sheet. BAKE IN A HOT OVEN (425°–450° F.) about 20 minutes.

BE-RO Macaroons

2-ozs. SUGAR.
2-ozs. GROUND ALMONDS.
Rather less than one EGG.
A little RASPBERRY JAM.

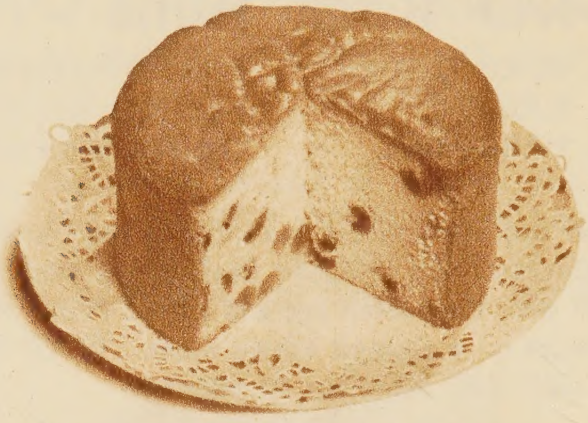
Mix the Almonds and Sugar with sufficient beaten Egg to make a soft mixture (a whole Egg is rather too much).

For 14 Cakes make half the recipe quantity of BE-RO SHORT PASTRY (page 17).

Roll the Paste out thin, and line 14 patty tins. Put one-third of a teaspoonful of Jam in each, then one teaspoonful of the Almond Mixture. Make thin strips of Paste from any cuttings, and lay across the tops at right angles. BAKE IN A HOT OVEN (425°–450° F.) about 20 minutes.

LARGE CAKES

Many ladies prefer to use only half the quantities stated in the large cake recipes on pages 36, 37 & 38. For a smaller cake, use a well-greased 7-inch Sandwich Cake tin, or deeper 5-inch Fruit Cake tin, or paper cases, and bake in a moderate oven, varying the time according to the size of cake.



BE-RO Cherry Cake

8-ozs. BE-RO FLOUR.
6-ozs. CHERRIES (cut in quarters).
4-ozs. SUGAR.
4-ozs. MARGARINE.
Two EGGS, beaten with Four Tablespoonfuls MILK and 12 drops VANILLA ESSENCE.

Mix the Flour and cut Cherries. Beat the Sugar and Margarine to a cream, then stir in the beaten liquids and the Flour (alternately, a little at a time), and MIX THOROUGHLY. Use a well-greased 6-inch Cake tin (3 inches deep), and BAKE IN A MODERATE OVEN (350°–375° F.) for about an hour-and-a-quarter.

BE-RO Sultana Cake

The same Recipe as for a BE-RO Cherry Cake, but use 6-ozs. SULTANAS in place of the Cherries.

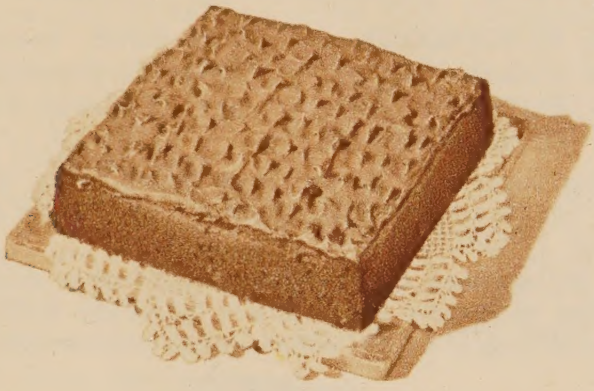
BE-RO Seed Cake

The same Recipe as for a BE-RO Cherry Cake, but use one dessertspoonful of CARAWAY SEEDS in place of Cherries and leave out the Essence. Mix Seeds in the Flour and proceed as with Cherry Cake.

BE-RO Marmalade Cake

8-ozs. BE-RO FLOUR.
4-ozs. SUGAR.
4-ozs. MARGARINE.
4-ozs. MARMALADE.
Two EGGS, beaten with
4 Tablespoonfuls MILK.

Beat the Sugar and Margarine to a cream (in a warm basin), and mix in the Marmalade. Then stir in the Flour and the beaten Eggs-and-Milk (alternately, a little at a time), and MIX THOROUGHLY, making a soft mixture.
Pour into a well-greased 6-inch Cake tin (3 inches deep), and BAKE IN A MODERATE OVEN (350°–375° F.) about an hour-and-a-quarter.
(Apricot Jam may be used in place of Marmalade.)



BE-RO Chocolate Spice Cake

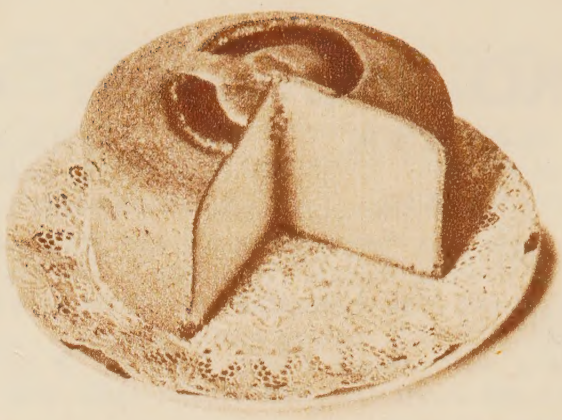
6-ozs. BE-RO FLOUR.
4-ozs. MARGARINE.
7-ozs. SUGAR.
½ Teaspoonful SALT.
½ Teaspoonful CINNAMON.
½ Teaspoonful PUDDING SPICE.
¼ Teaspoonful Ground CLOVES.
Two EGGS (Yolks & Whites separated).
2-ozs. Plain CHOCOLATE.
Two Teaspoonfuls of finely chopped Candied PEEL.
Eight Tablespoonfuls MILK.

Cream together until fluffy the Sugar and Margarine.
Blend in the melted Chocolate and the 2 YOLKS of Eggs.
Mix the Salt and Spices with the BE-RO, and stir in alternately with the Milk.
Fold in the stiffly beaten Egg Whites and the Candied Peel.
Bake in a moderate oven (350° F.) about 45 minutes—in a tin about 8 inches square.
Cool, and spread with icing.

ICING:—

½-oz. MARGARINE.
3-ozs. ICING SUGAR.
Two Teaspoonfuls COCOA.
One Tablespoonful Boiling Water.
A few drops of VANILLA ESSENCE.

Cream margarine and beat in Icing Sugar and Cocoa.
Stir in 1 tablespoon boiling water gradually, add Vanilla Essence and beat well.



BE-RO Madeira Cake

8-ozs. BE-RO FLOUR.
5-ozs. SUGAR.
5-ozs. BUTTER.
Two thin strips of PEEL.
Two EGGS, beaten with Three Tablespoonfuls MILK, and 12 drops of LEMON ESSENCE.

Beat the Sugar and Butter to a cream, then stir in the beaten liquids and the Flour (alternately, a little at a time), and MIX THOROUGHLY.

Use a well-greased 6-inch Cake tin (3 inches deep). Place the strips of Peel on the top, and BAKE IN A MODERATE OVEN (350°–375° F.) for about an hour-and-a-quarter.

BE-RO Family Cake

8-ozs. BE-RO FLOUR.
Half Teaspoonful MIXED SPICE.
6-ozs. CURRANTS.
1-oz. PEEL (chopped).
4-ozs. SUGAR.
4-ozs. MARGARINE.
Two EGGS, beaten with Four Tablespoonfuls MILK.

Mix the Flour, Spice, Currants and Chopped Peel all together. Beat the Sugar and Margarine to a cream, then stir in the beaten Eggs and Milk, and the Flour Mixture (alternately, a little at a time), and MIX THOROUGHLY.

Use a well-greased 6-inch Cake tin (3 inches deep) and BAKE IN A MODERATE OVEN (350°–375° F.) for about an hour-and-a-quarter.

BE-RO Xmas Cake

12-ozs. BE-RO FLOUR.
One Teaspoonful MIXED SPICE.
4-ozs. GROUND ALMONDS.
8-ozs. CURRANTS.
8-ozs. SULTANAS.
8-ozs. RAISINS (stoned).
4-ozs. CHERRIES (halved).
4-ozs. PEEL (chopped).
8-ozs. BUTTER.
8-ozs. CASTER SUGAR.
4 EGGS, beaten with
8 Tablespoonfuls MILK.

Mix Flour, Spice, and Ground Almonds. Clean and mix the Fruits. Beat the Butter and Sugar to a cream in a warm bowl. Beat the Eggs and Milk together. Then stir (alternately, a little at a time) the Flour mixture, and the Eggs-and-Milk, with the Butter and Sugar. Add the Fruit last, and MIX THOROUGHLY. If a darker cake desired, add one teaspoonful of Gravy Browning.

Use a large round Cake tin (8 inches in diameter) lined with greased paper. BAKE about 4 hours, the first hour in a Moderate oven (350°–375° F.), and then a Slow oven (250°–300° F.). (See Oven Hints on pages 4 and 5.)

For ICING INSTRUCTIONS, see next page.

BE-RO Birthday Cake

8-ozs. BE-RO FLOUR.
One Teaspoonful MIXED SPICE.
5-ozs. CASTER SUGAR.
5-ozs. BUTTER
6-ozs. CURRANTS.
6-ozs. SULTANAS.
2-ozs. Chopped PEEL.
Two EGGS, beaten with
6 Tablespoonfuls MILK.

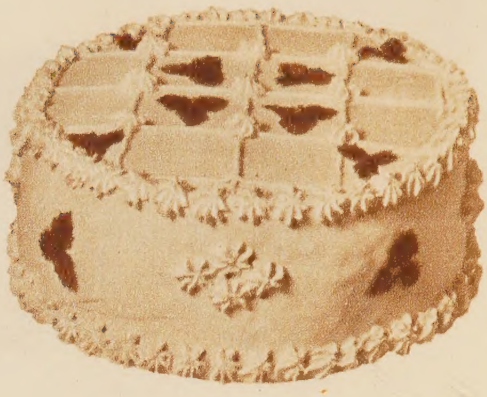
Mix the Flour and Spice. Clean and mix the Fruit. Beat the Butter and Sugar to a cream in a warm basin. Beat the Eggs and Milk together. Then stir (alternately, a little at a time) the Flour mixture, and the Eggs-and-Milk, with the Butter and Sugar. Add the Fruit last, and MIX THOROUGHLY. Line a 7-inch Cake tin (3 inches deep) with greased paper, pour in the mixture, and bake for 2½ hours (the first hour in a Moderate oven, then a Slow oven).

BE-RO Xmas Pudding

4-ozs. BE-RO FLOUR.
Pinch of SALT.
Half NUTMEG (grated).
4-ozs. SUGAR.
4-ozs. SHREDDED SUET.
4-ozs. CURRANTS.
4-ozs. SULTANAS.
2-ozs. Chopped PEEL.
4-ozs. CARROTS (grated).
The Grated RIND and JUICE of a LEMON.
Two EGGS, beaten with a little MILK.

Mix in the above order, and stir until THOROUGHLY MIXED. STEAM in a well-greased Pudding Basin for SIX HOURS.

To Ice a Cake



FIRST LAYER . . . . ALMOND ICING

1-lb. GROUND ALMONDS. One Dessertspoonful
12-ozs. ICING SUGAR. ROSE WATER.
12-ozs. CASTER SUGAR. Yolks of 4 EGGS.

Mix Almonds, Sugars, and Rose Water to a stiff dough with the Egg Yolks. If top of Cake is uneven, straighten it by cutting a slice off, or by levelling it with pieces of the icing. Brush over with beaten Egg to prevent the icing falling off when the cake is cut.

Divide the icing into three portions. Roll one-third into a strip long enough to go half-way round the cake, the same depth as the cake. Press it on to the side of the cake. Cover the other side of the cake in the same way. Roll the remaining third into a circle, and press on to the top of the cake. Smooth the joins in the icing with a knife, until not visible. At this stage it is most important that the cake should be a good shape, the icing should look perfectly smooth, the top level, and there should be a sharp edge round the top of the cake. A little icing sugar sprinkled on the rolling pin and board makes rolling easier. It is also a help to stand the cake on an inverted dinner plate, if an icing table is not available.

SECOND LAYER . . . . ROYAL ICING

1-lb. ICING SUGAR. Two Teaspoonfuls
WHITES of 4 EGGS. LEMON JUICE.

Sieve the Icing Sugar. Add the Lemon Juice and mix with the whites of Eggs. (When mixed a little icing dropped into the bowl from the spoon should just find its own level.) Beat thoroughly (about 15 minutes) with a wooden spoon until icing is white. Pour all the icing on to the top of the cake, and allow it to run down the sides. If necessary, it may be eased over the top of the cake with a long-bladed knife. The icing that runs off the cake should be collected on a large plate, put into a basin, and kept for decorating. If any part of the side remains uncovered with Royal Icing, apply a little with a round-ended knife. Allow the Royal Icing to harden before decorating.

DECORATION

Stiffen up the Royal Icing that was left by adding more sieved Icing Sugar, until it will stand up in points when beaten with a knife. Press this through forcing tubes in different shapes as required on the cake.

A simpler method is to decorate with preserved Fruits, Holly Leaves, Christmas Decorations, etc. These may be stuck on by means of a little Royal Icing.

An attractive cake may be made by tinting the Royal Icing with culinary colours sold for the purpose, and by using a slightly deeper shade for the forcing.

PUDDINGS

BE-RO Pot Pie
(Beef Steak Pudding)

8-ozs. BE-RO FLOUR.
3-ozs. Shredded SUET or MARGARINE.
Half Teaspoonful SALT.
1½-lb. BEEF STEAK (or Steak and Kidney).

Mix Flour, Salt, and Suet, and make a stiff dough with Cold Water. Cut off half, roll it out and line a well-greased pint basin. Cut the meat into pieces, roll it in Flour to which has been added a little Pepper and Salt, and put it into the basin, adding a teacupful of Cold Water. Moisten the edge, then roll out the remaining dough and place it on top, joining it securely by nipping. PRICK THE TOP. Then put the Pudding into a steamer over boiling water, and steam for three hours, keeping the water boiling continuously.

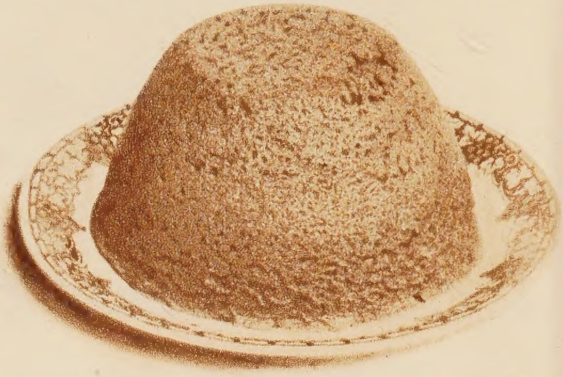
BE-RO Fruit Pudding

Make the same dough as for a BE-RO POT PIE (see above). Cut off half, roll it out and line a well-greased pint basin. Place any kind of FRUIT, with SUGAR to sweeten, inside, and add a little COLD WATER. Moisten the edge, roll out the remaining dough and place it on top, joining it securely by nipping. PRICK THE TOP. Put the Pudding into a steamer over boiling water, and steam for two hours, keeping the water boiling continuously.

When making Sauces use BE-RO instead of plain flour

Eight delightful Puddings from one simple Recipe

Ginger, Jam, Marmalade, Fig, Currant, Date, Raisin, or Chocolate



BE-RO Ginger Pudding

8-ozs. BE-RO FLOUR.
Quarter Teaspoon SALT.
One Teaspoonful GROUND GINGER.
2-ozs. MARGARINE or SUET.
Two Tablespoonfuls SUGAR.
Two Tablespoonfuls TREACLE.
Three Tablespoonfuls MILK.

(If desired, an EGG may be used instead of MILK.)

Mix the Flour, Salt, and Ginger, and rub in the Margarine or Suet; add other ingredients, and mix well. Put into a well-greased basin and STEAM for from 2 to 2½ hours.

From the above Ginger Pudding Recipe you can make eight or more different Puddings by using Marmalade, or Jam, or Figs, or Dates, or Currants, or Raisins, or Cocoa, instead of Ginger and Treacle.

BE-RO Puff Balls

4-ozs. BE-RO FLOUR.
Pinch of SALT.
2-ozs. Shredded SUET, or MARGARINE.
One Teaspoonful SUGAR.
One EGG, and a little MILK.

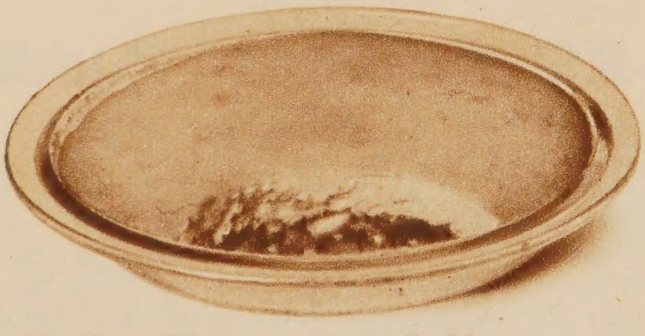
Mix Flour, Salt, Suet and Sugar. Add a beaten Egg, and sufficient Milk to make a stiff dough. Form into balls, the size of a golf ball. Put on a greased plate into a steamer, over boiling water, and steam for an hour. Serve with Golden Syrup, Jam or Marmalade.

These will tempt the most delicate appetite

BE-RO Sponge Castles

8-ozs. BE-RO FLOUR.
4-ozs. SUGAR.
4-ozs. MARGARINE.
Two EGGS, beaten with Four Tablespoonfuls MILK.

Beat the Sugar and Margarine to a cream; then stir in the beaten Eggs-and-Milk, and the Flour (alternately, a little at a time), and MIX THOROUGHLY. Use small tin moulds, well greased ("Dariole" moulds, or Patty tins). BAKE IN A HOT OVEN (425°–450° F.) about 20 minutes, or STEAM (about an hour). Serve with Jam, Sauce or Custard.



BE-RO Eve Pudding

Slice sufficient APPLES to three-quarters fill a pie dish; add two tablespoonfuls of SUGAR and two tablespoonfuls WATER. Stew for a short time, then cover with BE-RO SANDWICH CAKE MIXTURE (see page 27). BAKE IN A MODERATE OVEN (350°–375° F.) for about 40 minutes.

NOTE.—For a variation, other fruit may be used, such as Rhubarb, Plums, Raspberries, etc.

BE-RO makes delightfully light Puddings, whether steamed or baked

BE-RO Delicious Pudding

4-ozs. BE-RO FLOUR.
2-ozs. SUGAR.
1-oz. CURRANTS.
1-oz. RAISINS.
2-ozs. MARGARINE.
One EGG, and a little MILK.
One Tablespoonful JAM.

Rub the Margarine into the Flour; add the Sugar and Fruit, then the beaten Egg and Milk (about one tablespoonful), and MIX THOROUGHLY. Use a well-greased basin. Put the jam in first, then the Mixture. STEAM for 1½ hours. Serve with Sauce or Custard.

BE-RO Countess Pudding

4-ozs. BE-RO FLOUR.
2-ozs. MARGARINE.
2-ozs. SUGAR.
Two Tablespoonfuls CURRANTS.
12 drops LEMON ESSENCE.
One EGG, and a little MILK.

Rub the Margarine into the Flour. Add the Sugar, Currants, and Lemon Essence, then the beaten Egg and a little Milk, and MIX THOROUGHLY. Put into a greased pie-dish and BAKE IN A MODERATE OVEN (350°–375° F.) about half an hour. Custard Sauce may be used, if desired.

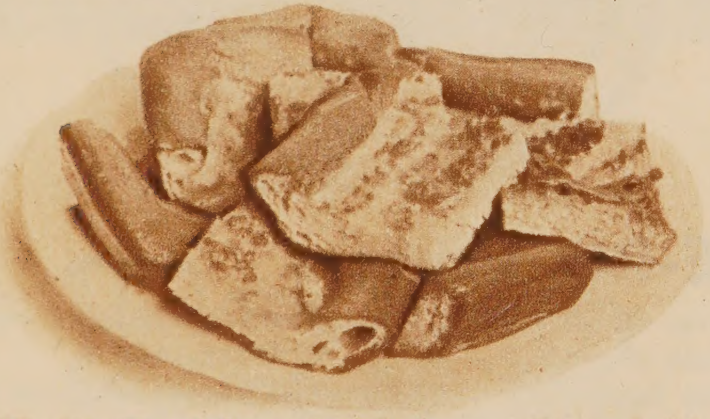
BE-RO Recipes Create healthy appetites

Often, jaded little appetites need tempting, and this is where dainty BE-RO dishes never fail. They look so tempting, their flavour is so fresh and delicious, that no child can resist their appeal.

BE-RO Pancakes

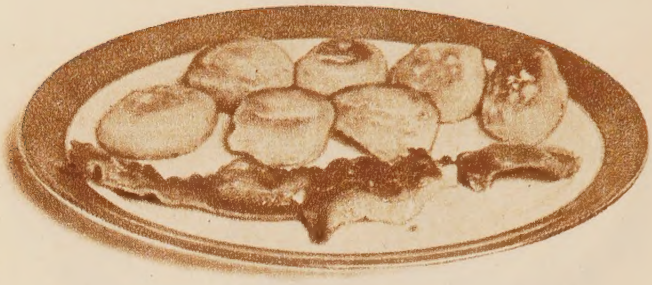
5-ozs. BE-RO FLOUR.
Quarter Teaspoonful SALT.
One EGG, and half pint of MILK.
2-ozs. LARD or FAT.

USE A SMALL FRYING-PAN, AND MAKE PANCAKES VERY THIN. Mix Flour and Salt in a basin. Make a hollow in the centre and drop in the Egg (previously broken into a cup). Stir with a wooden spoon and add the Milk gradually until the Flour is all worked in. (You will still have some Milk left.) Beat well and add the remaining Milk. For each Pancake, melt about a teaspoonful of the Fat, in the pan, on a fairly brisk fire. When it commences to smoke, stir the batter and spoon-in two tablespoonfuls. When brown underneath, turn, and cook the other side. When done, turn it out on to a sugared paper. Sprinkle with Sugar and roll it up. Place on a hot dish and SERVE IMMEDIATELY with SUGAR or SYRUP, LEMON or ORANGE.



BE-RO Yorkshire Pudding

MAKE THE SAME BATTER AS FOR BE-RO PANCAKES. Melt two tablespoonfuls of Dripping (preferably from the Meat that the pudding will be served with) in a Yorkshire pudding tin, making it run all over the inside. Pour in all the batter and bake in a HOT OVEN (425°–450° F.) about half an hour. When done, cut into squares and serve with Meat.

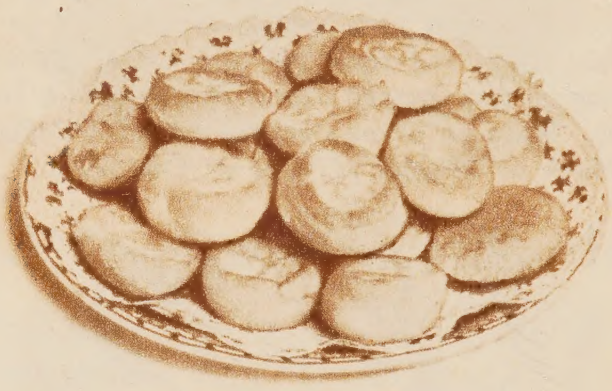


BE-RO Puffs
(with Bacon for Breakfast)

Mix two or three tablespoonfuls BE-RO FLOUR and a pinch of Salt. Add Water, and mix into a stiff Batter. Drop by teaspoonfuls into a frying-pan containing boiling Bacon fat. When brown, turn; when cooked, serve with breakfast Bacon.

BE-RO Batter (for Fish, etc.)

Simply mix BE-RO FLOUR with a little Salt (according to the quantity required), and make a stiff batter with water Dipping TRIPE, FISH, or SLICED POTATOES in this Batter before frying makes a nice change in method of cooking.



BE-RO Fritters

4-ozs. BE-RO FLOUR.
Pinch of SALT.
One Teaspoonful SUGAR.
One EGG, and a little MILK.
One Teaspoonful of melted MARGARINE.
Two BANANAS (sliced into rings).

Mix Flour, Salt and Sugar in a basin. Make a hollow in the centre and drop in the Egg (previously broken into a cup). Add sufficient Milk to make a STIFF batter. Then add a teaspoonful of melted Margarine and the sliced Banana rings, and stir. Drop by teaspoonfuls into a frying-pan containing boiling lard. When browned, turn and cook other side. Dust with Caster Sugar and serve HOT. Chopped Apple, or Pineapple, may be used instead of Bananas.

All the above Cakes were made from one 3-lb. bag of

Be-Ro
Self-raising **FLOUR**

The total cost of the other ingredients did NOT exceed 10/- (including eggs at 5/6 doz.) at the time of printing, March 1956.

How to Buy BE-RO Flour

BE-RO Self-Raising Flour is packed in strong paper Bags, full weight without the paper, by means of automatic electric weighing, filling, and packing machines. In manufacture it is untouched by hand, and comes to you pure and fresh.

There are three sizes, one-pound, three-pound and six-pound. Beginners generally start by using the one-pound size, and wisely so; but when they find out the merits of BE-RO and what pleasing results they get from its use, they find the three-pound and six-pound bags more economical.

If you have not yet used BE-RO, start using it to-day.

If you are already a regular user, may we ask the favour of a recommendation to your friends?

Thomas Bell & Son Ltd.

BE-RO Works

NEWCASTLE-ON-TYNE

and

BE-RO Works

DAYBROOK, NOTTINGHAM

DEPOTS AT

Edinburgh, Berwick, Carlisle, Thornaby-on-Tees, York, Aycliffe, Morley, Sheffield, Peterborough, Selby, Hull, Birmingham, Bathgate, Northampton

Be-Ro

Self-raising FLOUR

BEMROSE · DERBY

★

Comparative Temperatures and
approximate Oven Settings

250°—300° F.	Slow Oven	1— 2
300°—350° F.	Very Moderate ...	2— 3
350°—375° F.	Moderate	3— 4
375°—425° F.	Moderately Hot ...	4— 5
425°—450° F.	Hot	6— 7
450°—500° F.	Very Hot	8—10

The above gas cooker settings are only approximate, as makes of cookers, and individual cookers, vary considerably. Study the chart provided with your gas cooker.

★

SHOULD this booklet become soiled or damaged, the Manufacturers will send a fresh copy, free and post free, if you write to either of the addresses given on opposite page.

They will also be pleased to send a copy to any of your friends who would like one.

These recipes have been specially evolved for use with Be-Ro Self-Raising Flour and ladies are warned that unless Be-Ro is used satisfactory results may not be obtained.

★

Be-Ro for all Home Baking

So wholesome, simple and economical.